

# NewsWIC

Fond du Lac County Health Department

Spring 2008



## Lose the Lid!

**Is your child's sippy cup causing more problems than it's worth? Not eating well at meals? Not getting enough nutrients in their diet? Tooth decay?**

The average 2-year old needs about 1000 calories daily; the average 3-year old needs about 1300 calories. Did you know that a sippy cup holds 6-12 oz. of liquid? (8 oz. = 1 cup).

One cup (8 oz.) of:

- 2% milk has 120 calories
- chocolate milk has 170 calories
- juice has 120 calories
- Kool-aid has 120 calories
- 'Bug Juice' (10 oz.) 114 calories

So if your child has 3 of these daily, that's 1/3 of their calories for the day. If your child is getting his/her calories from their cup, they may not be eating very well at mealtime.

The best drink to put in their cup is water. Why? Because it will not interfere with meals, it will not add excessive calories and cause overweight children, it will not coat your child's teeth with sugar and it's good for them!

Your child can get plenty of fluids from the foods they eat. Did you know that watermelon is 95% water? Yogurt is 85% water? Bananas are 75% water? And even cheese is 35% water? So if your child doesn't like the water to begin with, be patient—as they get thirsty, they will drink it.

Also, by drinking sweetened drinks from a cup throughout the day, your child's teeth have a coat of sugar on them all day. This leads to many problems in the future. Your child may have unattractive teeth, which they may be teased about when they are older. They will have pain with the tooth decay which would require expensive dentist bills. Really, you are not doing your child any favors by letting them drink sugary drinks all day.

Sports drinks and "bug juice" are not necessary for healthy children; they are costly and add calories, so **lose the lid** and use the sippy cup like a normal cup.

**\*\*Bring the lid from your child's sippy cup and receive a little gift from WIC!**

## Breastfeeding Corner

### Breastfeeding Lowers Cancer Risk

Breastfeeding has been named one of the Ten Commandments to Prevent Cancer by the American Institute for Cancer Research. After a five-year study, they found a strong link between breastfeeding and the prevention of both pre- and post-menopausal breast cancer. Equally important, they found that infants who are breastfed have a lower risk of becoming overweight or obese in their lifetime which lowers their cancer risk as well. For a complete copy of the report, visit: [www.dietandcancerreport.org..](http://www.dietandcancerreport.org..)





## Let's Talk Teeth

**\*\*Clean your baby's teeth as soon as they come in with a clean soft cloth or small, soft toothbrush.** Clean them

twice a day, after breakfast and before bedtime. At about age 2, most of your child's teeth will be in and they can start brushing with a small drop of fluoride toothpaste. Young children cannot get their teeth clean by themselves until they are 7 or 8 years old and parents should still help brush at bedtime.

**\*\*Fluoride helps make teeth strong by hardening the enamel and helps prevent tooth decay.** Children and adults can get this protection when they drink fluoridated water

and have foods or beverages prepared with fluoridated water. Tap water in the cities of FDL, Ripon, Waupun and Campbellsport have enough fluoride to prevent tooth decay. If you live in communities without adequate fluoride such as Brandon, Mt. Calvary, and St. Cloud or have private well water, you can ask your doctor about a fluoride supplement.

**\*\*Infants and children should NEVER be put to bed with a bottle or cup.** Any sweet liquid including formula, milk or juice combines with bacteria in the mouth and attacks their teeth. The last thing in your child's mouth before bedtime should be a toothbrush.

**\*\*Offering sugary foods and liquids can harm teeth.** It's not just what you eat or drink, but how often. Avoid giving children juice between meals and offer water instead.

Forming good habits at a young age can help your child have healthy teeth for a lifetime.



## FDL County Immunization Clinics

### March

10 (Mon.) 2:00-5:00 City-County Bldg., FDL  
13 (Thurs) 4:00-6:00 Waupun Hospital  
17 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.  
24 (Mon.) 4:00-6:00, City-County Bldg., FDL  
26 (Wed.) 4:00-6:00, Ripon High School

### April

14 (Mon) 2:00-5:00, City-County Bldg., FDL  
28 (Mon.) 4:00-6:00, City-County Bldg., FDL

### May

8 (Thurs.) 4:00-6:00, Waupun Hospital  
12 (Mon.) 2:00-5:00, City-County Bldg., FDL  
19 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.  
26 (Mon.) 4:00-6:00, City-County Bldg., FDL  
28 (Wed.) 4:00-6:00, Ripon High School

### June

9 (Mon.) 2:00-5:00 City-County Bldg., FDL  
23 (Wed.) 4:00-6:00, Ripon High School

A shot clinic is held in Fond du Lac **by appointment only** on the **last Wednesday of each month from 8:00 to 11:30 AM**. To make an appointment or if you have any other immunization questions, please call **929-3085**.



Exercise is good for kids—enjoy our Spring weather with them!

### Recent WIC Raffle Winners

The winner of our Fall 2007 raffle is Mandy Matula. The winner of our Winter 2008 raffle is Miranda Mecklenburg. Congratulations to both of you!

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